



## Caregiver Support Groups

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### **Billings**

Caretime Support Group for Caregivers	Monthly date varies	1 PM
Adult Resource Alliance of Yellowstone County	2 <sup>nd</sup> or 3 <sup>rd</sup> Wednesday	Call First
1505 Avenue D – 2 <sup>nd</sup> floor		
(406) 259-5212 (JoDee)		

Alzheimer Association Support Group	4 <sup>th</sup> Monday	Noon
Billings Clinic Downtown		
Basement Room 1		
801 North 29 <sup>th</sup> Street		
(406) 690-2468 (Ramona) 657-4773		

Alzheimer Association Support Group	2 <sup>nd</sup> & 4 <sup>th</sup> Monday	11 AM
Canyon Creek Memory Care		
1785 Majestic Lane		
(406) 281-8455 (Marianne)		

Highgate Senior Living-Bistro	3 <sup>rd</sup> Tuesday	5:30 PM
3980 Parkhill Drive		
(406) 651-4833 (Dana)		

The Springs Living	3 <sup>rd</sup> Tuesday	2 PM
1221 28 <sup>th</sup> Street West		Call First
(406) 652-6989 (Nadine)		

West Park Village Assisted Living	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday	2 PM
2351 Solomon Avenue		
2 <sup>nd</sup> Floor Library		
(406) 652-4886 (Melissa)		

### **Bozeman**

Bozeman Senior Center	2 <sup>nd</sup> Wednesday	1 PM
807 N. Tracy		
Bozeman, MT		
(406) 586-2421 (Emily)		

Spring Creek Inn	4 <sup>th</sup> Thursday	Noon
1641 Hunters Way		
Bozeman, MT		
(406) 586-0074 (Cindy)		

**Butte**

Caregiver Support Group Belmont Senior Center 615 Mercury Butte, MT (406) 723-7773	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday	1 PM Call First
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Alzheimer Association Support Group Springs Living of Butte 300 Mount Highland Drive Butte, MT (406) 494-0083 (Shelly)	3rd Tuesday	7 PM Call First
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**Great Falls**

Alzheimer Support Group Benefis Health System Senior Services Benefis Eastview Memory Care Unit 2621 15 <sup>th</sup> Avenue South Great Falls, MT 59405 (406) 455-5950 (Becky)	1 <sup>st</sup> Tuesday	1:30 PM
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Alzheimer Association Support Group Missouri River Care & Rehab 1130 17 <sup>th</sup> Avenue South Great Falls, MT (406) 771-4544 (Dawn)	1 <sup>st</sup> & 3 <sup>rd</sup> Monday	11:30 & 5:30
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Cambridge of Great Falls 1109 6 <sup>th</sup> Avenue N Great Falls, MT (406) 727-7151 (Kaitlynn)	3 <sup>rd</sup> Tuesday	7 PM Call First
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Highgate Senior Living 3000 11 <sup>th</sup> Avenue South Great Falls, MT (406) 454-099 (Jacob)	Last Wednesday	Noon Call First
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\*Some support groups are being broadcast using video conferencing to towns throughout northcentral Montana. Call Karyn at 406-731-5588 for availability.

Video conference Locations: Big Sandy Medical Center, Liberty Medical Center-Chester; Sweet Medical Center-Chinook; Teton Medical Center-Choteau; Pondera Medical Center-Conrad; Missouri River Medical Center- Fort Benton; Northern MT Hospital-Havre; Central Montana Medical Center – Lewistown; Phillips County Medical Center – Malta; and Marias Medical Center – Shelby.

**Hamilton**

Bitterroot Valley Alzheimer's Support Group      1<sup>st</sup> & 3<sup>rd</sup> Fridays      1 PM  
South Living Room  
Valley View Estates Health Care Center  
225 N. 8<sup>th</sup> Street  
Hamilton, MT  
(406) 363-5690 (Katie)

Grandparents Raising Grandchildren Support Group  
Big Creek Coffee Shop      Wednesdays      10:30 AM  
301 West Main Street  
Hamilton, MT  
(406) 396-1937 (Anna Marie)

**Havre**

Caregiver and Alzheimer Support Group      Last Monday      Noon  
Northern Montana Care Center  
24 13<sup>th</sup> Street  
Havre, MT  
(406) 262-1899 (Rachel or Ila)

**Helena**

Alzheimer's Support Group      2<sup>nd</sup> Tuesday/4<sup>th</sup> Thursday      7 PM  
1740 N. Montana Avenue  
Helena, MT  
(406) 431-0452 (Cindy)

Lewis and Clark Library      1<sup>st</sup> & 3<sup>rd</sup> Friday      Noon  
120 S Last Chance Gulch  
(406) 444-5301 (Julie)

Touchmark on Saddle Drive      3<sup>rd</sup> Monday      7 PM  
915 Saddle Drive           Call First  
Helena, MT      Respite care available  
(406) 449-4900 (Nanette)

**Libby**

Libby United Methodist Church      Tuesday      2 PM  
713 Main Avenue  
Libby, MT  
(406) 293-4937 (Dorothy)  
(406) 293-4522 (Church)

**Kalispell**

TBI and Caregiver Support Group      2<sup>nd</sup> Monday      6 PM  
Summit Conference Room  
205 Sunnyview Lane  
Kalispell, MT  
(406) 756-4720

Caregiver Support Group Buffalo Hill Terrace 40 Claremont Street Kalispell, MT (406) 752-9224	3 <sup>rd</sup> Monday	3 PM
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**Missoula**

Alzheimer's Association Support Group Summit Independent Living Center Conference Room 700 SW Higgins Missoula, MT (406) 549-3433 (Jackie)	2 <sup>nd</sup> Wednesday	Noon
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Alzheimer's Association Support Group Missoula Senior Center 705 South Higgins Missoula, MT (406) 549-3433 (Jackie)	4 <sup>th</sup> Monday	6:30 PM
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Caregiver Support Group and Education The Village Senior Residence 2815 Old Fort Road Missoula, MT (406)549-1300 (Sarah)	Wednesdays	Noon Call First*
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\*Location and time may vary

**Polson**

Alzheimer Caregiver Support Group Presbyterian Church of Polson 301 4 <sup>th</sup> Avenue E Polson, MT (406) 849-6207 (Arlene)	2 <sup>nd</sup> Wednesday	1:30 PM
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Cheerful Heart Cancer/Caregiver Support Group United Methodist Church 301 16 <sup>th</sup> Avenue Polson, MT (406) 883-7284 or (406) 824-2868 (Tammy)	2 <sup>nd</sup> & 4 <sup>th</sup> Monday	Noon
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**Alzheimer's Telephone Support Group**

The Alzheimer Association, National Chapters provide a telephone support group for caregivers of individuals with Alzheimer's disease and related dementias. The purpose is to reach out to those caregivers who could benefit from a support group, yet find it difficult to travel to a meeting site or a meeting site is not available in your community. For information about joining the telephone support group, call Kelli Moorehead, toll free: (800) 272-3900.

## **Caregivers Training**

The Montana State University Extension Offices offer an educational program, *Powerful Tools for Caregivers*, designed to provide the tools needed for caregivers to take care of themselves so they can continue to be an even more effective caregiver. The class consists of six 2-hour sessions. Participants receive the Caregiver Helpbook, handouts and numerous resources.

For more information about caregiver training and support in your area, call:

- Aging and Disabilities Resource Center or the Area Agency on Aging at 1-800-551-3191
- Local County Extension Office for information about classes in your area  
[http://www.msuextension.org/health/Powerful\\_Tools.html](http://www.msuextension.org/health/Powerful_Tools.html)  
<http://www.powerfultoolsforcaregivers.org/book-store/>